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ABSTRACT OF THE DISCLOSURE

2 An insole construction for footwear comprising a base
3 member, an intermediate member formed of a soft foam and having a
4 plurality of substantially uniformly spaced raised cushioning
5 elements on the upper surface thereof, and a flexible cover member
6 surrounding the intermediate member and extending beneath the base
7 member. The intermediate member preferably is formed of a foam
8 such as polyurethane foam. The raised cushioning elements are of a
9 height of approximately 6 millimeters above the upper surface of the
10 intermediate member and are spaced approximately 10-30 millimeters
11 from each other.